



## SALTED CARAMEL ESPRESSO COLLAGEN SQUARES

High Protein / Dairy-Free / Gluten-Free / Grain-Free / Paleo / No Bake

Recipe by Lanina (@colorful\_superfoodie) and featured on [MariGoldBars.com](https://MariGoldBars.com)

*"Omg these taste absolutely amazing and have an almost fudge-like texture. I made them using @marigoldbars grass fed vanilla latte collagen which added the perfect espresso flavor!"*

- Lanina

### INGREDIENTS:

#### Crust Layer

- 1/2 cup almond flour
- 1/2 cup coconut flour
- 2 tbsp cacao powder
- 1/4 cup melted coconut oil
- 1/4 cup maple syrup or monk fruit powder
- 2 tbsp nut milk

#### Espresso Collagen Layer

- 6 oz almond butter
- 4 scoops MariGold Vanilla Collagen Latte High Protein Coffee
- 1 tbsp melted coconut oil
- 1/4 cup dairy-free cream cheese
- 1/3 cup coconut flour
- 2-3 tbsp nut milk
- 1/4 cup maple syrup or monk fruit to sweeten (if not using a sweetened almond butter)

#### Salted Caramel Layer

- 1/2 cup creamy roasted cashew butter
- 1/4 cup coconut cream
- 1/4 cup maple syrup (can sub a sugar free maple syrup)

### DIRECTIONS:

1. Mix all your crust ingredients together in a bowl and then press into a parchment paper-lined loaf pan (I used a silicone one which is way easier).
2. Mix all your espresso collagen layer ingredients in a bowl, and then smooth over the top of the crust layer with a spatula.
3. Set loaf pan in the fridge or freezer to set.
4. Using a food processor or mixer, blend together with your cashew butter, coconut cream, and maple syrup for the caramel layer.
5. Take the loaf pan out of the fridge or freezer and pour the caramel layer on top and smooth out evenly.
6. Place pan in the freezer for 30 mins then carefully take the dessert out of the loaf pan. Cut into squares and then drizzle some chocolate on top along with some sea salt flakes and enjoy!



Featuring MariGold  
Vanilla Collagen Latte High Protein Coffee  
([MariGoldBars.com](https://MariGoldBars.com))

